



# Harvest of the Month

Network for a Healthy California



## 2009—2010

# Kindergarten Workbook



Name \_\_\_\_\_



# Introduction

*Harvest of the Month* is a program that your class will participate in this year. Through this program, you will try fruits and vegetables that you may have never tasted before. All of these fruits and vegetables are grown in California and will be in season, which is when they are more affordable and most fresh.



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# The Key to a Healthy Life is in Your Hands!

You do not need to carry measuring cups with you to eat your recommended amount of fruits and vegetables.  
In general, children your age should eat 2½ cups of vegetables and 1½ cups of fruit every day.

**1/2 cup of fruit**



**1/2 cup of vegetables**



**1 cup of fruit**

**1 cup of raw leafy greens**



**1/2 cup of vegetables**



**1/4 cup of dried fruit**



**1/2 cup of vegetables**





Fruit or Vegetable	I like it	I am not sure if I like it	I did not like it	I will try this again	Why it is good for me
<b>Apple</b> 					
<b>Roots &amp; tubers</b> 					
<b>Cooked greens</b> 					
<b>Beans</b> 					
<b>Grapefruit</b> 					
<b>Beets</b> 					
<b>Peppers</b> 					
<b>Cucumber</b> 					
<b>Berries</b> 					
<b>Corn</b> 					



# SEPTEMBER Apple



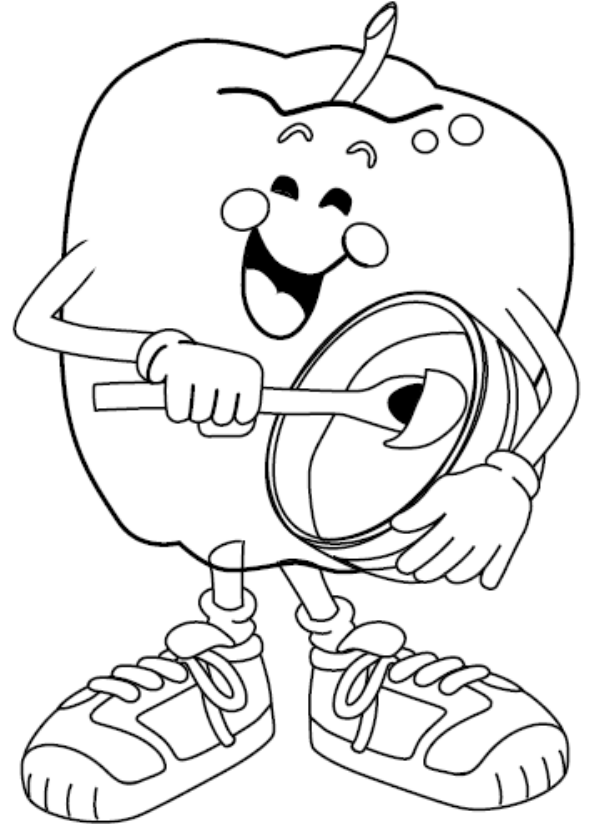
A is for appetizing

apples.

I am a fruit. I grow on a tree. I contain fiber that promotes food digestion.



Apple Tree



Anthony Apple ©

Practice writing uppercase and lowercase "Aa."

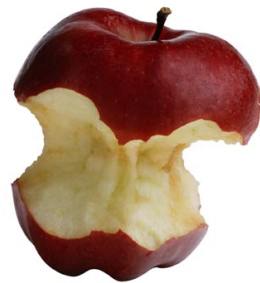
A A

a a

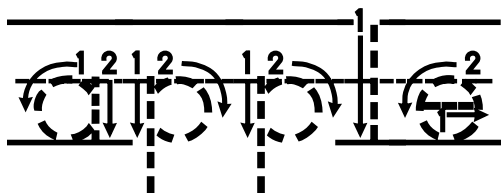


For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.

An apple is  
crisp and juicy.



Practice writing the word "apple."



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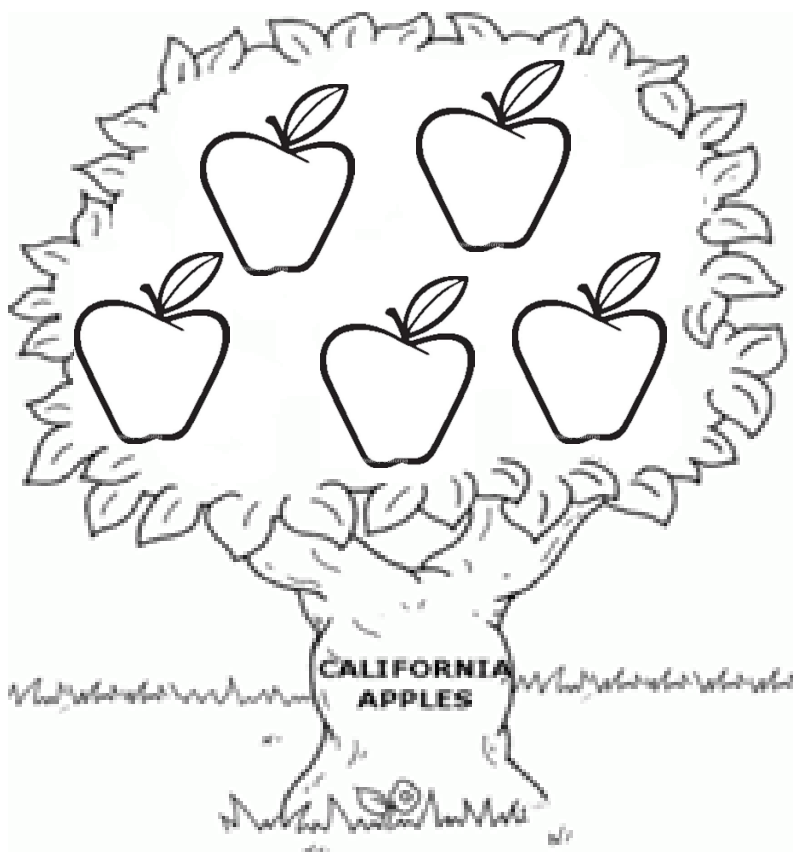
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Crisp apples grow on a tree.  
Count how many apples  
are on the tree. How many  
apples did you count?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Color 2 apples **red** and  
3 apples **green**.

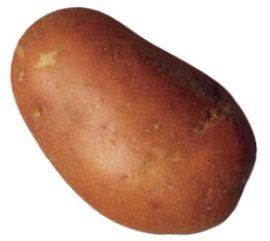


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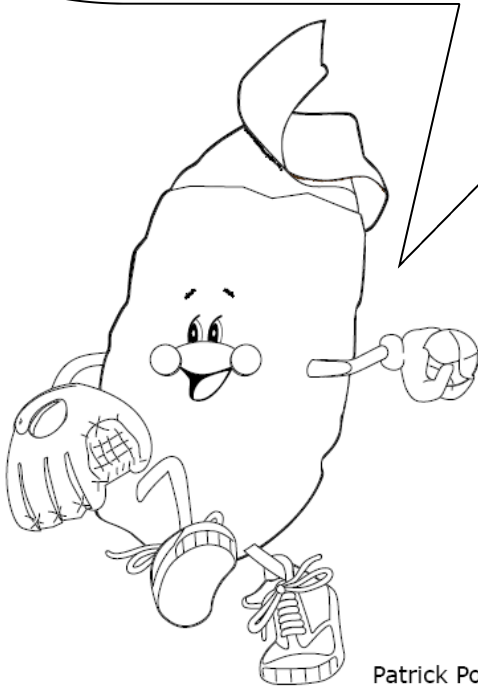
OCTOBER

# Roots and Tubers

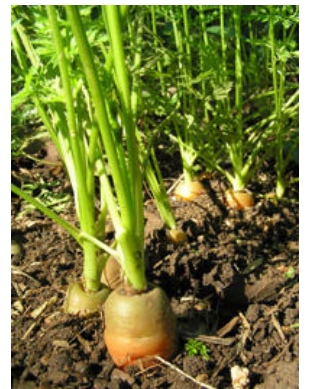
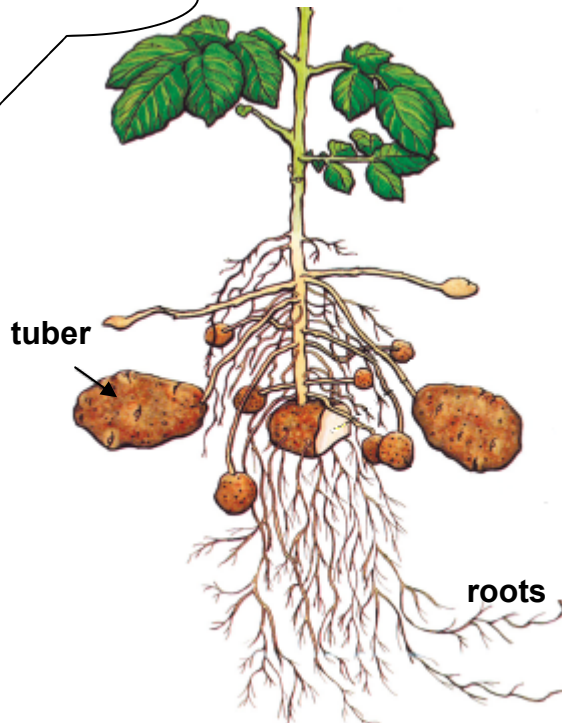


T is for tasty tubers.

I am a potato. I am a tuber  
that grows under the ground.  
I store energy for the plant.



Patrick Potato ©



Carrots are a  
type of root  
vegetable.

Practice writing uppercase and lowercase "Tt."



# Healthy Snacking

Snack time can be a great time to eat foods that provide your body with wonderful vitamins and minerals. Your body and brain need vitamins and minerals to grow strong and give you the energy you need to play and learn.

**DIRECTIONS** Not all snacks are nutritious snacks. Some foods with added sugar and fat are less nutritious choices. Compare the food choices below and draw a circle around the snack that would be a more nutritious snack selection.

chips



OR



jicama

carrots



OR



fries

donut



OR



wheat  
bagel

milk



OR



soda



For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.





bok choy

NOVEMBER

# Cooked Greens



collard greens

C is for cooked greens.

Cooked greens are leafy green vegetables. Cooked greens are a high source of vitamin A. Vitamin A helps keep your eyes and skin healthy.



Practice writing "collard greens" and "Swiss chard"



collard greens

Blank handwriting lines for practice.



Swiss chard

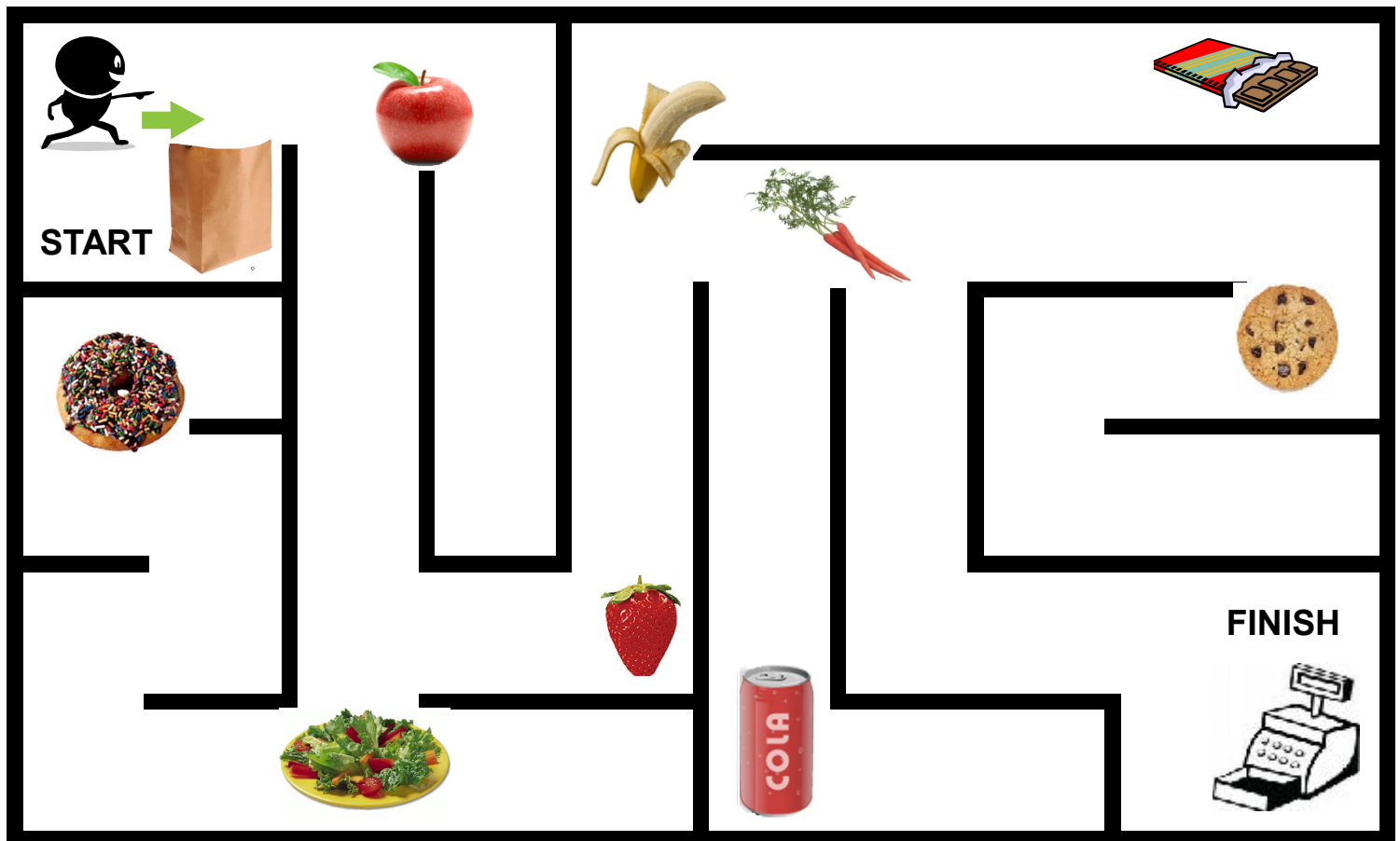
Blank handwriting lines for practice.

# Let's Go Shopping!

Did you know that food provides the energy you need to do the physical activities you love?  
Nutritious foods help fuel up your body.



**DIRECTIONS** Find your way through the grocery store maze to the register. As you go through the maze, circle the nutritious food choices.



1. How many nutritious foods did you circle? \_\_\_\_\_
2. Draw a picture of a nutritious snack you love to eat.



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Kidney Beans

# DECEMBER Beans



Pinto Beans

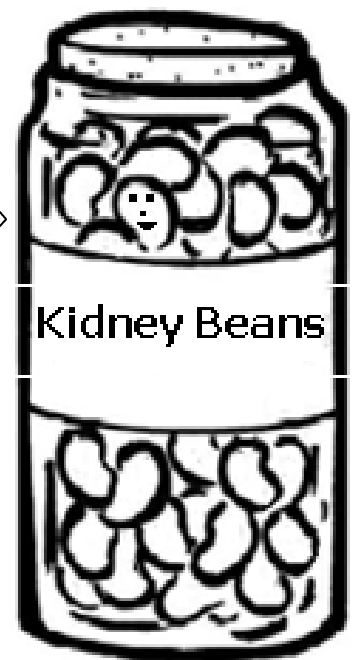
B is for beneficial

beans.



Kidney Bean

Some examples of beans are navy beans, pinto beans and kidney beans. Beans are a good source of protein. Protein helps build and maintain your muscles.

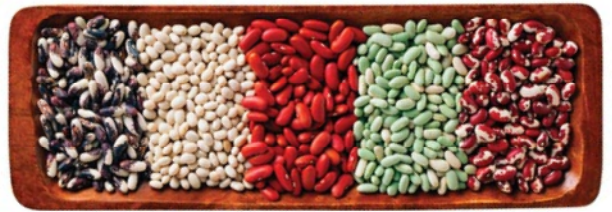


Practice writing uppercase and lowercase "Bb."

B B

b b

Practice writing the word "bean."



bean

\_\_\_\_\_

-----

\_\_\_\_\_

\_\_\_\_\_

-----

\_\_\_\_\_

## Counting Beans

Count the beans and write the correct number on the line.

Pinto bean



=

\_\_\_\_\_

-----

\_\_\_\_\_



Black bean



=

\_\_\_\_\_

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\_\_\_\_\_



Kidney bean



=

\_\_\_\_\_

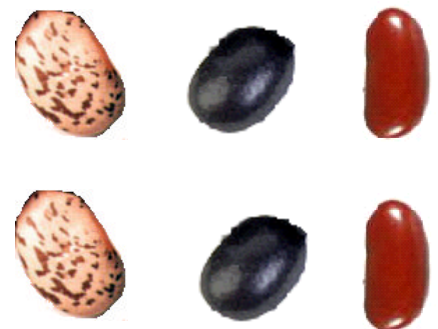
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\_\_\_\_\_



1. Which bean group has the most beans?  
Circle your answer.

2. Which bean group has the least amount  
of beans? Circle your answer.







# JANUARY Grapefruit



G is for gigantic

grapefruit.

I am a fruit. I grow on a tree.  
I contain vitamin C that  
helps heal your cuts and  
wounds.



Grapefruit Tree



Gretta Grapefruit ©

Practice writing uppercase and lowercase "Gg."

G G

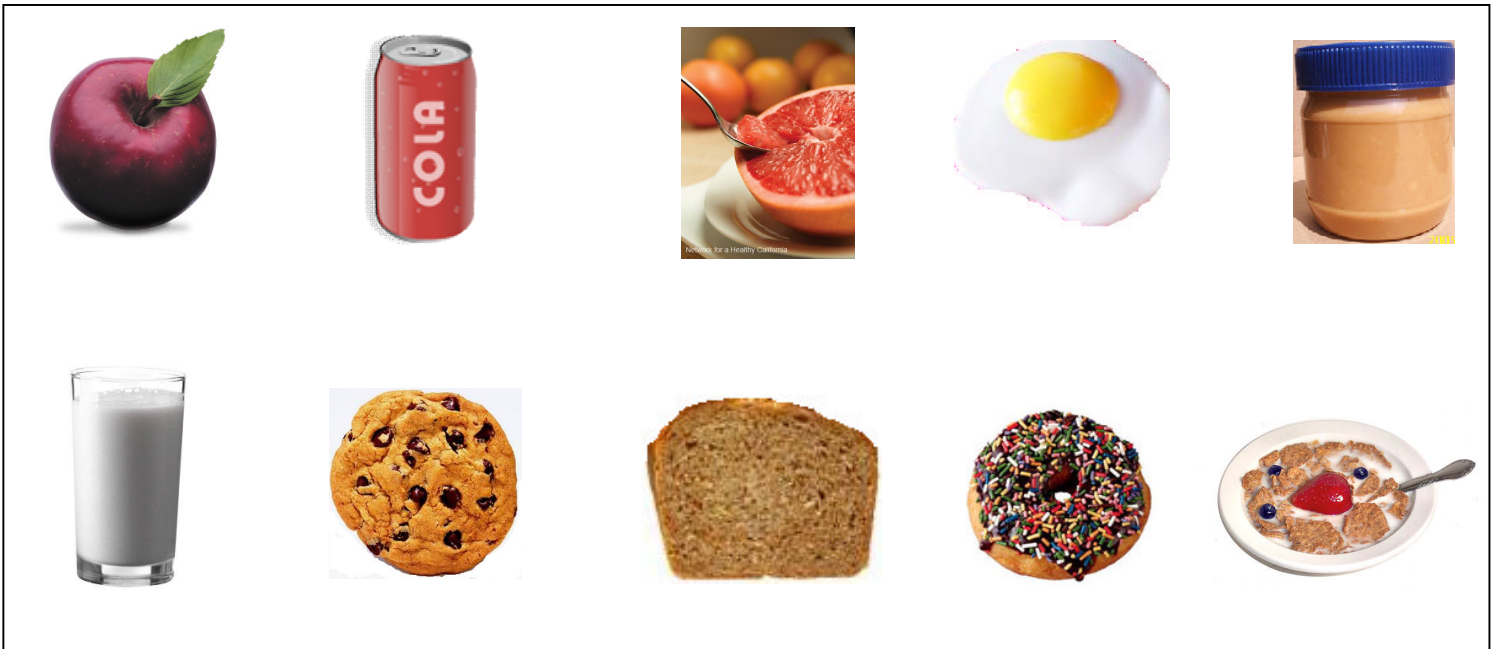
g g



# Power Up Your Day with Breakfast!

Eating breakfast every morning is the SMART thing to do. Breakfast is the most important meal of the day. It helps “power up” your body so you have the energy to do the physical activities you love. Did you know that eating breakfast can also help you do better in school?

**DIRECTIONS** Circle all the foods that can be part of a nutritious breakfast.



I will eat breakfast  
every morning.

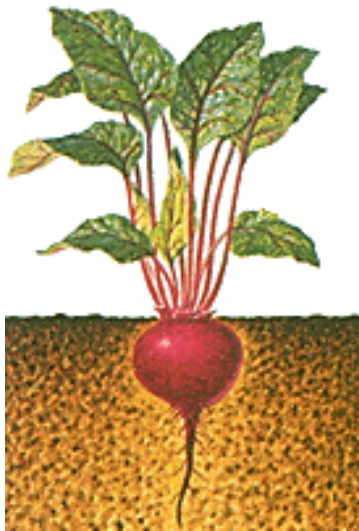


# FEBRUARY Beets



B is for beautiful

beets.



Beets are a  
root vegetable.  
We grow  
underground.  
Color me red.



©www.ColorMeGood.com

Practice writing uppercase and lowercase "Bb."

B B

b b

Practice writing the word "beet."

beet



Eating salad is a great way to get the vegetables you need every day. Vegetables contain the vitamins and minerals your body needs to grow and to be strong and healthy.

Beets can add a lot of flavor to a salad. Draw a picture of a salad with beets and other nutritious vegetables in it.



I like my

Share what vegetables you included in your salad to a family member. Explain to them why eating vegetables keep your body healthy. Try your salad at home!



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MARCH

# Peppers

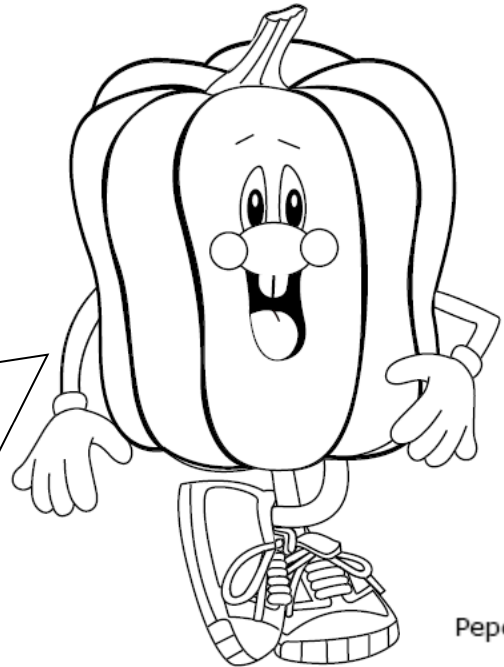


P is for plump pepper.



Green Bell Pepper

Bell peppers are a high source of vitamin C. We are available in many colors. Color me green, red, yellow or orange.



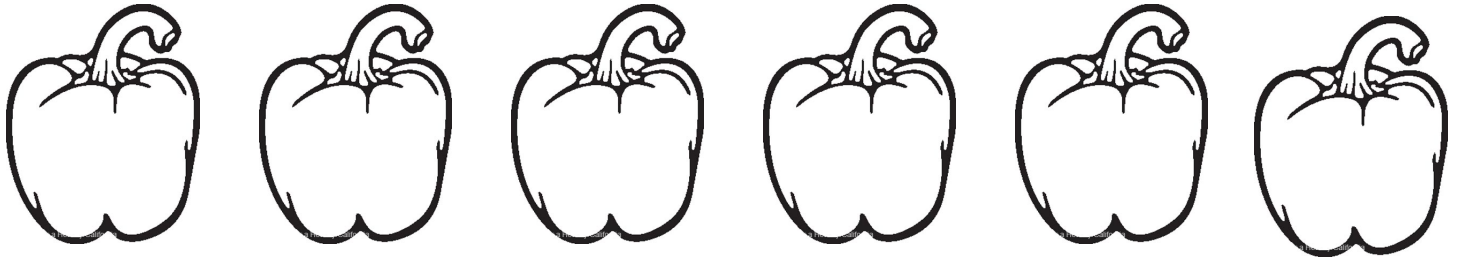
Pepe Pepper ©

Practice writing uppercase and lowercase "Pp."

P P

p p

**DIRECTIONS** Color the peppers below.  
Color 3 peppers **green** and 2 peppers **red**  
and 1 pepper **yellow**.



**DIRECTIONS** Use words from the pepper word bank and write a complete sentence about peppers.

### Pepper Word Bank

bell-shaped



crunchy



green



red



yellow



shiny



sweet

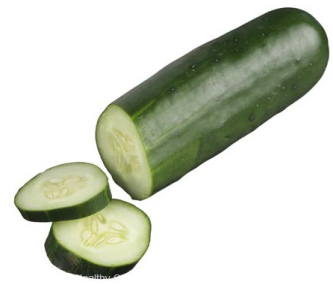


Peppers make a nutritious snack. Think of two nutritious snacks you like to eat. Share your nutritious snack ideas with a friend. Tell them why you like them and how you would ask a family member to buy these nutritious snacks for you at the store.



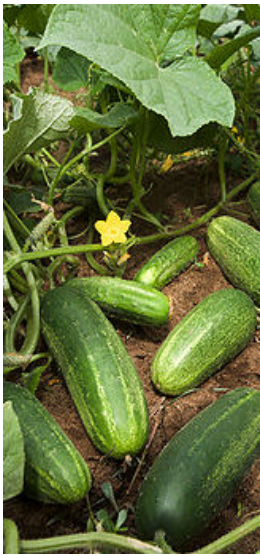


# APRIL Cucumber

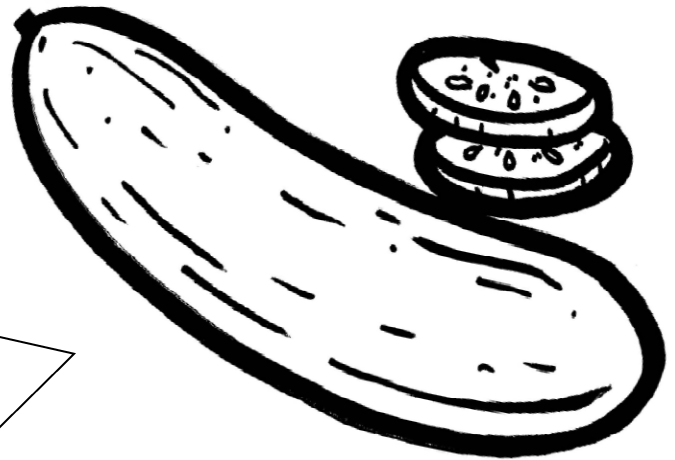


C is for crunchy

cucumber.



I am a  
vegetable.  
I grow on a vine.  
Try me in a  
salad.



Practice writing uppercase and lowercase "Cc."

C C

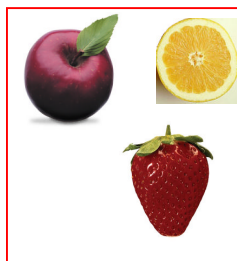
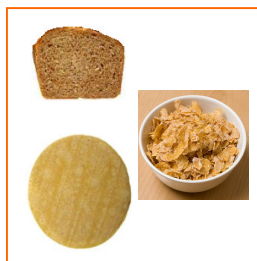
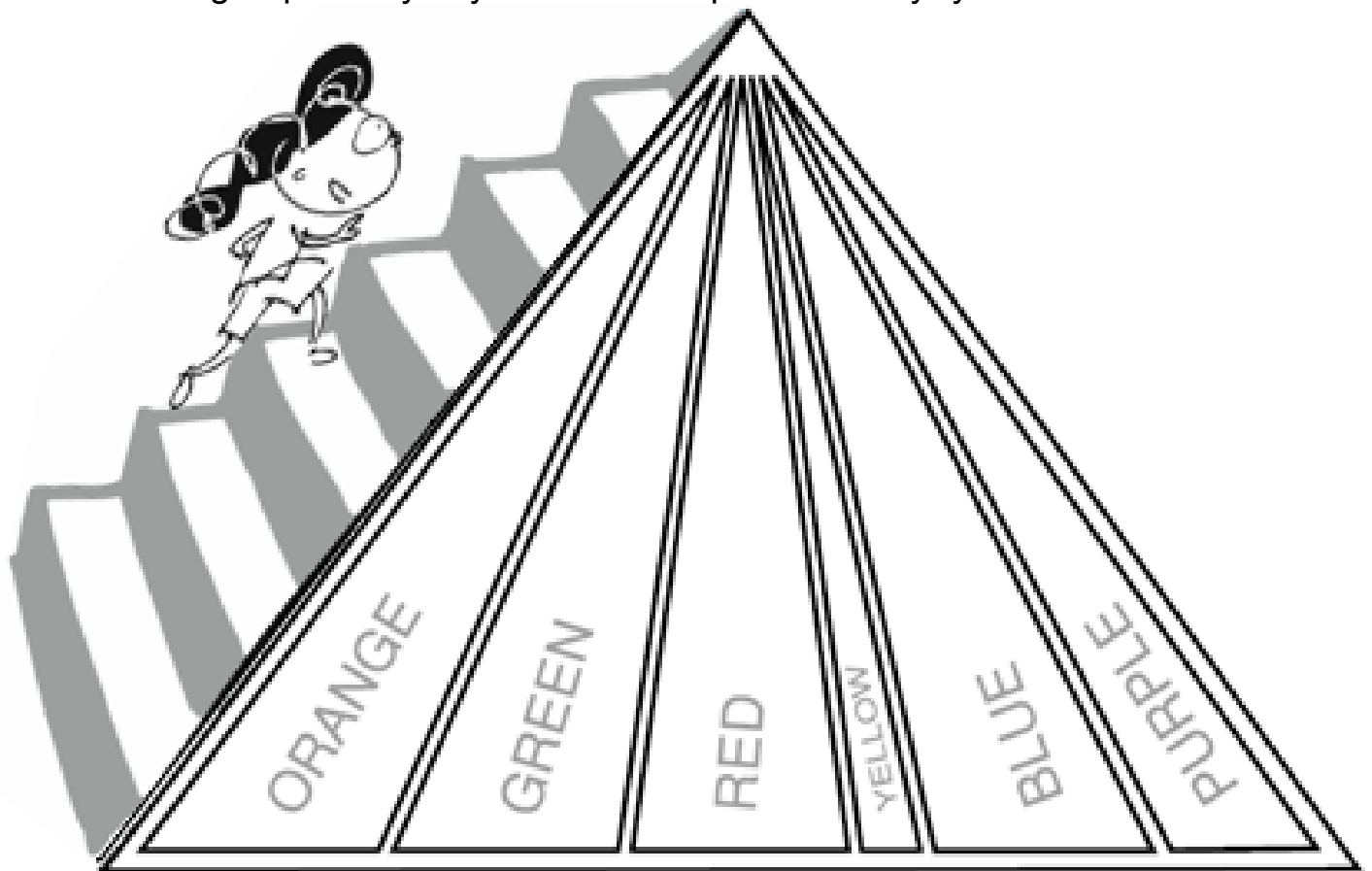
c c

# Steps to a Healthier You!



*MyPyramid* has six different colored stripes. Each stripe represents an important food group. The orange stripe represents the GRAIN group. The green strip represents the VEGETABLE group. The red stripe represents the FRUIT group. The blue stripe represents the MILK group. The purple stripe represents the MEAT & BEANS group. The yellow strip represents oil. Oils are not a food group but you need some for good health.

**DIRECTIONS** Color the stripes below. Can you name some of the nutritious foods listed for each food group and why they are good for you? Remember to eat foods from all food groups every day. Color the stripes of the MyPyramid.



Note: Beans are part of the vegetable group as well as the meat & beans group.

For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.



Blueberries

MAY

# Berries

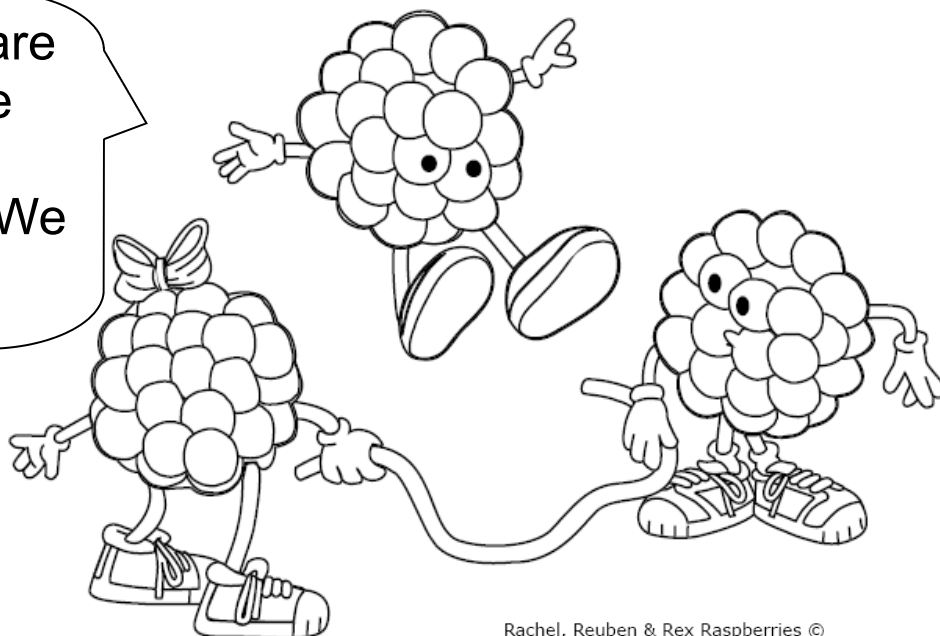
Blackberry



B is for beautiful

berries.

Berries are a fruit. There are many different berries. We are raspberries. We are a high source of vitamin C. We grow on a vine.



Rachel, Reuben & Rex Raspberries ©

Practice writing uppercase and lowercase “Bb.”

B B

b b

# Spring is a great time to plant!



**DIRECTIONS** Draw a garden with your favorite fruits and vegetables you love to eat.

Share the fruits and vegetables you drew in your garden with your family. Tell them why you would like to eat these fruits and vegetables at home including why they are good for your body.



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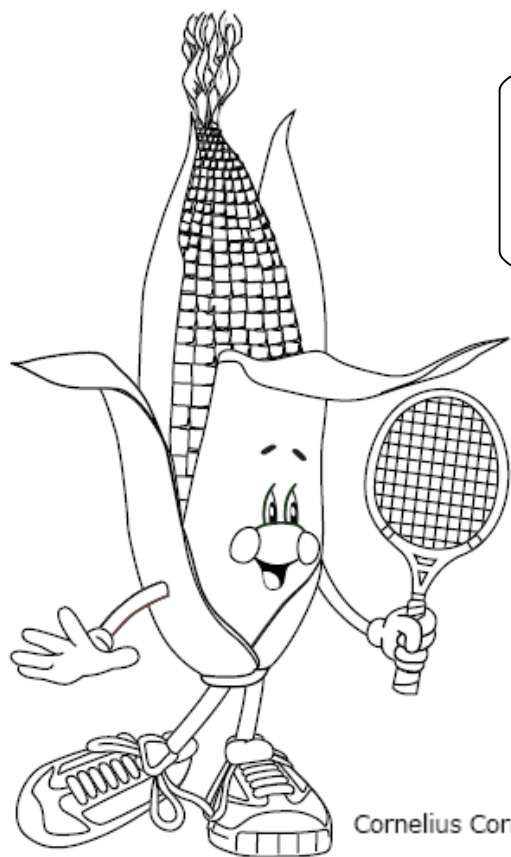


JUNE

# Corn



C is for crunchy corn.



Cornelius Corn ©

I am a vegetable. I grow in a field.  
Look at all the foods made from corn.  
Circle the healthy food choices.



Practice writing "cornfield."

cornfield





# Physical Activity is FUN!

It is important for kids to be physically active for at least 60 minutes every day. Regular physical activity gives you more energy, helps build healthy bones and muscles, and makes you feel great! There are many fun ways to be physically active. What is your favorite way to be physically active?



**DIRECTIONS** Look at the pictures below and circle all of the different pictures that represent the physical activities you enjoy and can participate in regularly.



Write two sentences about why being physically active is good for you.

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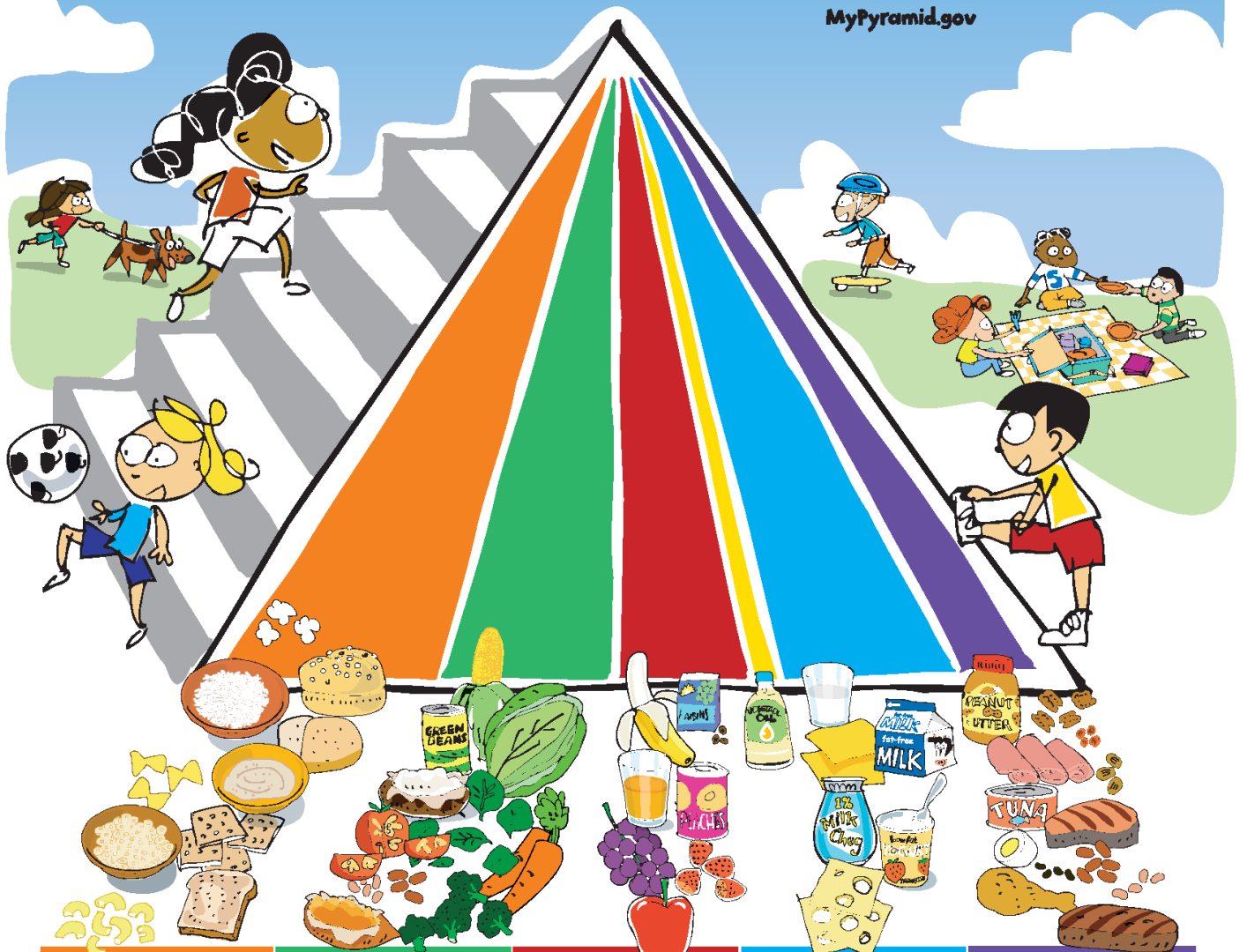
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# MyPyramid For Kids

Eat Right. Exercise Have Fun.

MyPyramid.gov



## Grains

Make half your grains whole

Start smart with breakfast. Look for whole-grain cereals.

Just because bread is brown doesn't mean it's whole-grain. Search the ingredients list to make sure the first word is "whole" (like "whole wheat").

## Vegetables

Vary your veggies

Color your plate with all kinds of great-tasting veggies.

What's green and orange and tastes good? Veggies! Go dark green with broccoli and spinach, or try orange ones like carrots and sweet potatoes.



## Fruits

Focus on fruits

Fruits are nature's treats — sweet and delicious. Go easy on juice and make sure it's 100%.

## Milk

Get your calcium-rich foods

Move to the milk group to get your calcium. Calcium builds strong bones.

Look at the carton or container to make sure your milk, yogurt, or cheese is lowfat or fat-free.



## Meat & Beans

Go lean with protein

Eat lean or lowfat meat, chicken, turkey, and fish. Ask for it baked, broiled, or grilled — not fried.

It's nutty, but true. Nuts, seeds, peas, and beans are all great sources of protein, too.

For an 1,800-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.

**Eat 6 oz. every day;**  
at least half should be whole

**Eat 2 1/2 cups every day**

**Eat 1 1/2 cups every day**

**Get 3 cups every day;**  
for kids ages 2 to 8, it's 2 cups

**Eat 5 oz. every day**



## Oils

Oils are not a food group, but you need some for good health. Get your oils from fish, nuts, and liquid oils such as corn oil, soybean oil, and canola oil.

## Find your balance between food and fun

- Move more. Aim for at least 60 minutes everyday, or most days.
- Walk, dance, bike, rollerblade — it all counts. How great is that!



## Fats and sugars — know your limits

- Get your fat facts and sugar smarts from the Nutrition Facts label.
- Limit solid fats as well as foods that contain them.
- Choose food and beverages low in added sugars and other caloric sweeteners.

# Foods Found in MyPyramid



Brown rice	Cornbread
Buckwheat	Corn tortillas
Oatmeal	Couscous
Popcorn	Crackers
Whole wheat cereal	Flour tortillas
Ready to eat breakfast cereal	Grits
Whole grain barley	Noodles
Whole grain cornmeal	Spaghetti
Whole rye	Macaroni
Whole wheat bread	Pitas
Whole wheat crackers	Pretzels
Whole wheat pasta	Corn flakes
Whole wheat tortillas	White rice
Wild rice	



Bok choy	Corn
Broccoli	Green peas*
Collard greens	Potatoes
Dark green leafy lettuce	Artichokes
Kale	Asparagus
Mustard greens	Bean sprouts
Lettuce	Beets
Spinach	Brussels sprouts
Turnip greens	Cabbage
Squash	Cauliflower
Carrots	Celery
Pumpkin	Cucumbers
Sweet potatoes	Eggplant
Black beans*	Green beans
Black-eyed peas*	Bell peppers
Garbanzo beans (chickpeas)*	Mushrooms
Kidney beans*	Okra
Lentils*	Onions
Lima beans*	Zucchini
Pinto beans*	Turnips
Soy beans*	Tomatoes
Split peas*	Tomato juice
Tofu	Vegetable juice

\*beans and peas can also go in the meats & beans group



Apples	Oranges
Apricots	Peaches
Avocado	Pears
Bananas	Papaya
Strawberries	Pineapple
Blueberries	Plums
Raspberries	Prunes
Cherries	Raisins
Grapefruit	Tangerines
Grapes	100% orange juice
Kiwi fruit	100% apple juice
Lemons	100% grape juice
Limes	100% grapefruit juice
Mangos	
Cantaloupe	
Honeydew	
Watermelon	



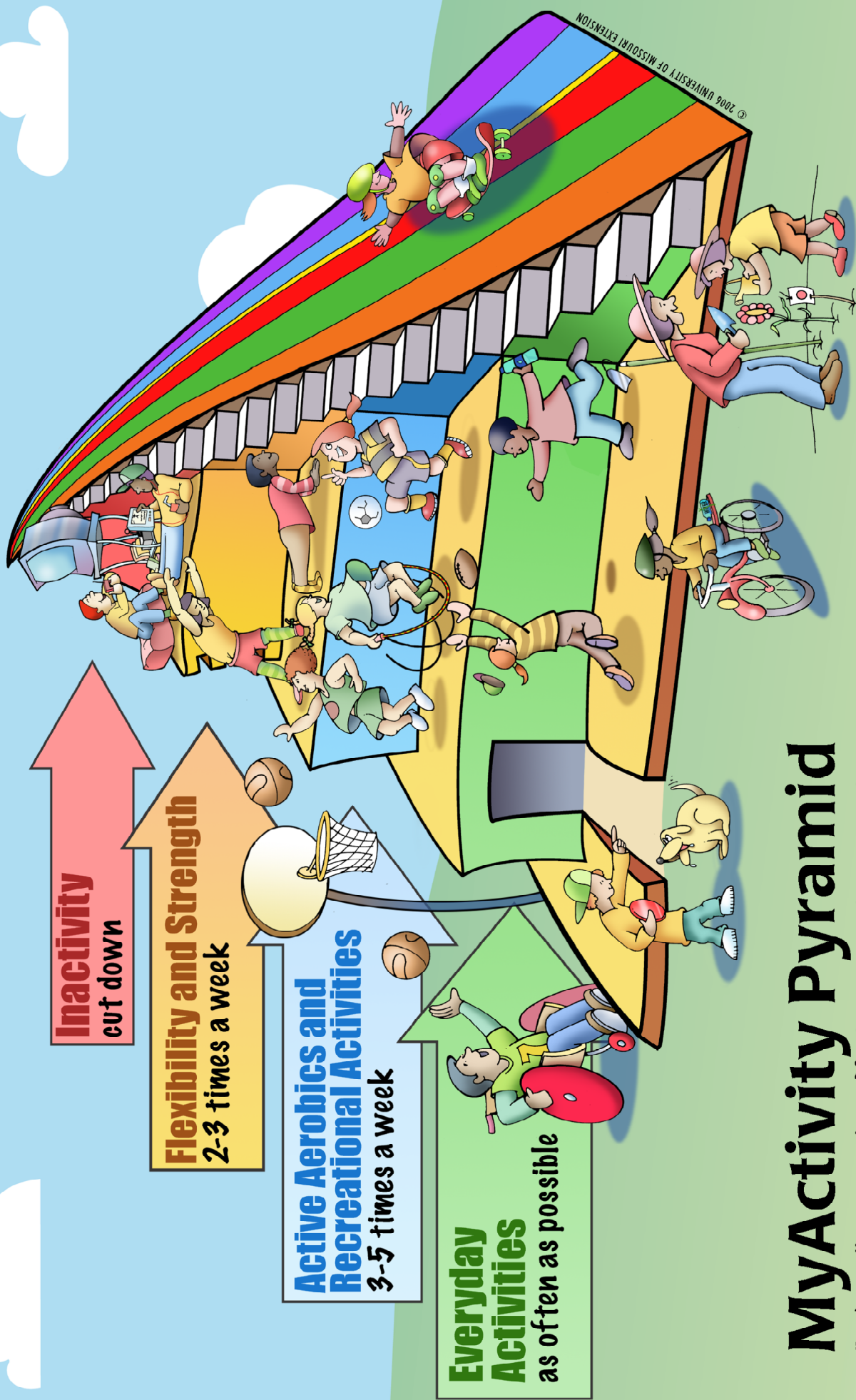
Milk	Yogurt
Cheddar cheese	Cottage cheese
Mozzarella cheese	Ice milk
Swiss cheese	
Parmesan cheese	



Chicken	Ham	Veggie burger	Almonds	Sunflower seeds
Turkey	Lamb	Tempeh	Cashews	Pistachios
Beef	Pork	Peanut Butter	Peanuts	Sesame seeds
Eggs	Fish			

Pecans  
Walnuts  
Beans and peas  
(see vegetables)



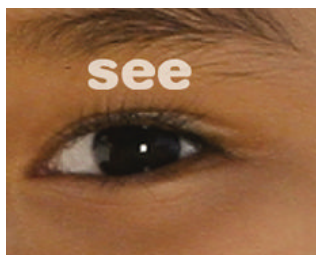


# MyActivity Pyramid

Be physically active at least 60 minutes every day, or most days.  
Use these suggestions to help meet your goal.

# Adjectives to Describe Fruits and Vegetables Using the Five Senses

You can add your own adjectives too!



Green  
Red  
Orange  
Purple  
Yellow  
Brown  
Tan  
White  
Blue  
Light (+color)  
Dark (+color)  
Colorful  
Appealing  
Appetizing  
Shiny  
Small  
Medium  
Large  
Thick  
Thin  
Long  
Short  
Skinny  
Round



Sweet  
Sour  
Bitter  
Delicious  
Fresh  
Tangy  
Tart  
Tasteless  
Tasty  
Plain  
Mouthwatering  
Yummy  
Good  
Bad  
Refreshing

\_\_\_\_\_

\_\_\_\_\_



Crunchy  
Crisp  
Soft  
Hard  
Juicy  
Light  
Heavy  
Sticky  
Smooth  
Wet  
Firm  
Bumpy  
Dry  
Mushy  
Tough  
Rough  
Chewy

\_\_\_\_\_

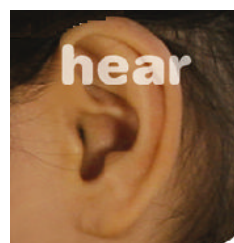
\_\_\_\_\_



Sweet  
Sour  
Bitter

\_\_\_\_\_

\_\_\_\_\_



Crunchy  
Crisp  
Juicy

\_\_\_\_\_

\_\_\_\_\_



# Glossary of Nutrients



**CALCIUM** This mineral helps build strong bones and healthy teeth.

**CARBOHYDRATE** Carbohydrates are a main nutrient found in food.  
Carbohydrates are the body's major source of energy.

**FAT** Fat helps a child's body grow and develop like it should. Fat gives the body energy and helps absorb some vitamins. There are different types of fat. Unsaturated fats may be good for your heart while eating trans fat or too much saturated fat may be unhealthy for your heart.

**FIBER** Fiber promotes good digestion and helps maintain a healthy heart. It also helps you feel full after a meal or snack.

**IRON** This mineral helps red blood cells carry oxygen to all the parts of your body.

**PHYTOCHEMICALS** Phytochemicals are naturally found in plants and may help prevent disease and promote good health. Different kinds of phytochemicals give fruits and vegetables their bright colors. Eat red, orange, green, white, and purple fruits and vegetables for better health.

**PROTEIN** Protein is found in many different types of food. Protein builds up, maintains, and replaces the tissues in the body. Muscles, organs, and the immune system are made up mostly of protein.

**VITAMIN A** This vitamin helps your body maintain healthy eyes and skin.

**VITAMIN C** This vitamin helps the body heal cuts and wounds and maintain healthy gums.

**VITAMIN E** This vitamin helps maintain healthy cells throughout your body.

**WATER** Water makes up more than half of your body weight. Your body cannot survive for more than a few days without it. It helps your body work right.



# Acknowledgements

This *Harvest of the Month* workbook was created in collaboration with Downey Unified School District's *Network for a Healthy California* who developed Kindergarten through 2<sup>nd</sup> grade workbooks and ABC Unified School District's *Network for a Healthy California* who developed 3<sup>rd</sup> grade through 6<sup>th</sup> grade workbooks.

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